

Self-Care Routine

Self-Care Ideas

Physical	Mental	Emotional	Spiritual
Stretch	Socializing	Therapy	Meditation
Exercise	Creativity	Honesty	Yoga
Eat Healthy	Hobbies	Say "no"	Deep Breaths
Spa Day	Books	Boundaries	Prayer
Pampering	Affirmations	Self-Talk	Journaling
Water Drinking	Learning	Laughter	Mantra

My Self-Care Ideas...

Physical	Mental	Emotional	Spiritual
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My Self-Care Routine

Daily

Weekly

Monthly

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